

Shopping List

ITEMS

Produce

- 2 mangoes
- 2 mangoes or 4 peaches
- 4 large red peppers
- 1 handful fresh cilantro + some for serving
- 1 cup chopped red onion
- 3 onions
- 2 tbsp lime juice
- 1 thai chili
- ½ cup sundried or oven roasted tomatoes, chopped
- 1 medium-large spaghetti squash
- 4 cloves garlic

Bread / Peanut Butter / Jams

- ½ cup peach or mango jam

Canned / Packaged Goods

- ¾ cup dry lentils
- 1 155 ml can tomato paste
- 1 ½ cups cooked black beans OR 1 can black beans drained and rinsed

Baking Needs

- 6 tbsp canola oil
- 1 tbsp sugar

Spices

- 1 tbsp + 1 tsp chili powder
- 2 tsp oregano
- ½ tsp garlic powder
- ½ tsp cumin
- 1 tsp basil
- ¼ tsp fennel seeds

Grains / Rice

- 1 ¾ cup quinoa uncooked
- rice for serving

Condiments / Dressings

- 2 cups salsa

International

- 1 tbsp fish sauce

Snacks / Chips / Candy

- 1 cup cashews

Dairy / Eggs

- shredded mozzarella for serving (optional)
- 2 cups shredded cheddar cheese
- 1 cup cream cheese
- 2 eggs

Meats / Seafood

- 1 ½ lbs pork loin
- 2 cups cooked and diced chicken (I used a rotisserie chicken.)

Frozen Foods

- ½ package frozen spinach (150 g)
- 1 cup frozen corn

Beverages

- ½ cup mango or orange juice